

Cinnamon Roasted Chickpeas

Yield: 3 servings

Ingredients

- 1 (15 ounce) can chickpeas, rinsed and drained
- 1 teaspoon olive oil
- 1 tablespoon cinnamon
- 1 tablespoon sugar, granulated

Instructions

1. Preheat oven to 300 degrees.
2. Mix spices together and toss with the chickpeas and olive oil.
3. Spread in single layer on baking tray and roast for 25 to 30 minutes, stirring occasionally, until they are brown and no longer soft.
4. Serve and enjoy!

Nutrition Information

Serving Size: ½ cup
Calories: 141
Total Fat: 4 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Sodium: 230 mg
Total Carbohydrate: 26 g
Dietary Fiber: 6 g
Sugars: 4 g
Protein: 6 g

Source: Health Meets Food



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